

**AMENDMENTS TO THE CLAIMS**

1. (Canceled)
2. (Currently Amended) The method of claim ~~[[1]]~~ 5 or 8, wherein the first and second devices communicate via a wireless communication link, and wherein:  
the step (a1) comprises a step of, during the finite time periods following the transmission of the respective first messages from the first device to the second device, powering on a receiver of the wireless communication link which is included in the first device; and  
the step (a2) comprises a step of, after each of the finite time periods following the transmission of the respective first messages from the first device to the second device, powering down the receiver included in the first device.
3. (Currently Amended) The method of claim ~~[[1]]~~ 5 or 8, wherein the first and second devices communicate via a wireless communication link, and wherein:  
the step (a1) comprises a step of, during the finite time periods following the transmission of the respective first messages from the first device to the second device, powering on a receiver of the wireless communication link which is included in the first device; and  
the step (a2) comprises a step of, after each of the finite time periods following the transmission of the respective first messages from the first device to the second device, powering down the receiver included in the first device until after the first device transmits another first message to the second device.
4. (Canceled)
5. (Currently Amended) ~~The method of claim 4, wherein:~~ A method for implementing two-way communication between at least first and second devices, comprising steps of:

(a1) during finite time periods following transmission of respective first messages from the first device to the second device, using the first device to listen for second messages transmitted from the second device to the first device;

(a2) after each of the finite time periods following the transmission of the respective first messages from the first device to the second device, ceasing to use the first device to listen for second messages transmitted from the second device to the first device until after the first device transmits another first message to the second device;

(a3) ceasing to use the second device to listen for first messages received from the first device at least occasionally when the second device is operational;

~~the step (b) comprises a step of~~ with the first device, receiving ~~the~~ a sensor input from an accelerometer supported by a person in locomotion on foot; and

~~the step (c) comprises a step of in response to the sensor input, with the first device,~~ generating ~~as the~~ processed data comprising at least one of at least one foot contact time, a distance traveled, a pace, and a speed of the person for inclusion in at least one of the first messages that are transmitted to the second device.

6. (Original) The method of claim 5, wherein the second device comprises a wristwatch, and wherein the method further comprises a step of:

(d) in response to the first messages, displaying on the wristwatch information based on the processed data received from the first device.

7. (Original) The method of claim 5, further comprising a step of:

(e) with the first device, receiving at least one second message from the second device that comprises calibration information used to generate the processed data.

8. (Currently Amended) ~~The method of claim 4, wherein the second device comprises a wristwatch, and wherein the method further comprises a step of:~~ A method for implementing two-way communication between at least first and second devices, wherein the second device comprises a wristwatch, comprising steps of:

(a1) during finite time periods following transmission of respective first messages from the first device to the second device, using the first device to listen for second messages transmitted from the second device to the first device;

(a2) after each of the finite time periods following the transmission of the respective first messages from the first device to the second device, ceasing to use the first device to listen for second messages transmitted from the second device to the first device until after the first device transmits another first message to the second device;

(a3) ceasing to use the second device to listen for first messages received from the first device at least occasionally when the second device is operational;

(b) receiving a sensor input with the first device;

(c) in response to the sensor input, with the first device, generating processed data for inclusion in at least one of the first messages that are transmitted to the second device; and

(d) in response to the first messages, displaying on the wristwatch information based on the processed data received from the first device.

9. (Currently Amended) The method of claim [[4]] 8, further comprising a step of:

(e) with the first device, receiving at least one second message from the second device that comprises calibration information used to generate the processed data.

10. (Canceled)

11. (Currently Amended) ~~The method of claim 10~~ A method for implementing two-way communication between a second device and at least first and third devices, wherein the second device communicates with each of the first and third devices via at least one wireless communication link, and wherein: ~~comprising steps of:~~

~~the step (a1) comprises a step of,~~ during the finite time periods following the transmission of the respective first messages from the first device to the second device, powering on a receiver of the wireless communication link which is included in the first device and using the first device to listen for second messages transmitted from the second device to the first device;

~~the step (a2) comprises a step of,~~ after each of the finite time periods following the transmission of the respective first messages from the first device to the second device, powering down the receiver included in the first device and ceasing to use the first device to listen for second messages transmitted from the second device to the first device until after the first device transmits another first message to the second device;

(a3) ceasing to use the second device to listen for first messages received from the first device at least occasionally when the second device is operational;

~~the step (b1) comprises a step of,~~ during the finite time periods following the transmission of the respective third messages from the third device to the second device, powering on a receiver of the wireless communication link which is included in the third device and using the third device to listen for second messages transmitted from the second device to the third device; and

~~the step (b2) comprises a step of,~~ after each of the finite time periods following the transmission of the respective third messages from the third device to the second device, powering down the receiver included in the third device and ceasing to use the third device to listen for second messages transmitted from the second device to the third device until after the first device transmits another first message to the second device.

12. (Currently Amended) ~~The method of claim 10~~ A method for implementing two-way communication between a second device and at least first and third devices, wherein the second device communicates with each of the first and third devices via at least one wireless communication link, ~~and wherein~~ comprising steps of:

~~the step (a1) comprises a step of,~~ during the finite time periods following the transmission of the respective first messages from the first device to the second device, powering on a receiver of the wireless communication link which is included in the first device and using the first device to listen for second messages transmitted from the second device to the first device;

~~the step (a2) comprises a step of,~~ after each of the finite time periods following the transmission of the respective first messages from the first device to the second device, powering down the receiver included in the first device until after the first device transmits another first message to the second device and ceasing to use the first device to listen for second messages

transmitted from the second device to the first device until after the first device transmits another first message to the second device;

(a3) ceasing to use the second device to listen for first messages received from the first device at least occasionally when the second device is operational;

~~the step (b1) comprises a step of,~~ during the finite time periods following the transmission of the respective third messages from the third device to the second device, powering on a receiver of the wireless communication link which is included in the third device and using the third device to listen for second messages transmitted from the second device to the third device; and

~~the step (b2) comprises a step of,~~ after each of the finite time periods following the transmission of the respective third messages from the third device to the second device, powering down the receiver included in the third device until after the third device transmits another third message to the second device and ceasing to use the third device to listen for second messages transmitted from the second device to the third device until after the first device transmits another first message to the second device.

13. (Canceled)

14. (Currently Amended) The method of claim [[13]] 17 or 20, wherein the first and second devices communicate via a wireless communication link, and wherein:

the step (a1) comprises a step of, during finite time periods following reception by the second device of respective first messages from the first device, when the second device needs to communicate with the first device, powering on a transmitter of the wireless communication link, which is included in the second device, to enable the second device to transmit the second messages to the first device; and

the step (a2) comprises a step of, after transmission of each of the second messages from the second device to the first device, powering down the transmitter included in the second device.

15. (Currently Amended) The method of claim [[13]] 17 or 20, wherein the first and second devices communicate via a wireless communication link, and wherein:

the step (a1) comprises a step of, during finite time periods following reception by the second device of respective first messages from the first device, when the second device needs to communicate with the first device, powering on a transmitter of the wireless communication link, which is included in the second device, to enable the second device to transmit the second messages to the first device; and

the step (a2) comprises a step of, after transmission of each of the second messages from the second device to the first device, powering down the transmitter included in the second device until after the second device receives another first message from the first device.

16. (Canceled)

17. (Currently Amended) ~~The method of claim 16, wherein:~~ A method for implementing two-way communication between at least first and second devices, comprising steps of:

(a1) during finite time periods following reception by the second device of respective first messages from the first device, using the second device to transmit second messages to the first device;

(a2) after each of the finite time periods following reception by the second device of respective first messages from the first device, ceasing to use the second device to transmit second messages to the first device until after the second device receives another first message from the first device;

(a3) ceasing to use the second device to listen for first messages received from the first device at least occasionally when the second device is operational;

~~the step (b) comprises a step of~~ with the first device, receiving the a sensor input from an accelerometer supported by a person in locomotion on foot; and

~~the step (c) comprises a step of~~ in response to the sensor input, with the first device, generating as the processed data comprising at least one of at least one foot contact time, a distance traveled, a pace, and a speed of the person for inclusion in at least one of the first messages that are transmitted to the second device.

18. (Original) The method of claim 17, wherein the second device comprises a wristwatch, and wherein the method further comprises a step of:

(d) in response to the first messages, displaying on the wristwatch information based on the processed data received from the first device.

19. (Original) The method of claim 17, further comprising a step of:

(e) with the first device, receiving at least one second message from the second device that comprises calibration information used to generate the processed data.

20. (Currently Amended) ~~The method of claim 16~~ A method for implementing two-way communication between at least first and second devices, wherein the second device comprises a wristwatch, ~~and wherein the method further comprises a step of comprising steps of:~~

(a1) during finite time periods following reception by the second device of respective first messages from the first device, using the second device to transmit second messages to the first device;

(a2) after each of the finite time periods following reception by the second device of respective first messages from the first device, ceasing to use the second device to transmit second messages to the first device until after the second device receives another first message from the first device;

(a3) ceasing to use the second device to listen for first messages received from the first device at least occasionally when the second device is operational;

(b) receiving a sensor input with the first device;

(c) in response to the sensor input, with the first device, generating processed data for inclusion in at least one of the first messages that are transmitted to the second device; and

(d) in response to the first messages, displaying on the wristwatch information based on the processed data received from the first device.

21. (Currently Amended) The method of claim ~~[[16]]~~ 20, further comprising a step of:

(e) with the first device, receiving at least one second message from the second device that comprises calibration information used to generate the processed data.

22. (Canceled)

23. (Currently Amended) ~~The method of claim 22~~ A method for implementing two-way communication between a second device and at least first and third devices, wherein the second device communicates with each of the first and third devices via at least one wireless communication link, ~~and wherein:~~ comprising steps of:

~~the step (a1) comprises a step of,~~ during finite time periods following reception by the second device of respective first messages from the first device, when the second device needs to communicate with the first device, powering on a transmitter of the at least one wireless communication link, which is included in the second device, ~~to enable the second device to transmit the second messages to the first device~~ and using the second device to transmit second messages to the first device;

~~the step (a2) comprises a step of,~~ after transmission of each of the second messages from the second device to the first device, powering down the transmitter included in the second device and ceasing to use the second device to transmit second messages to the first device until after the second device receives another first message from the first device;

(a3) ceasing to use the second device to listen for first messages received from the first device at least occasionally when the second device is operational;

~~the step (b1) comprises a step of,~~ during finite time periods following reception by the second device of respective third messages from the third device, when the second device needs to communicate with the third device, powering on a transmitter of the at least one wireless communication link, which is included in the second device, ~~to enable the second device to transmit the second messages to the third device~~ and using the second device to transmit second messages to the third device; and

~~the step (b2) comprises a step of,~~ after transmission of each of the second messages from the second device to the third device, powering down the transmitter included in the second device and



ceasing to use the second device to transmit second messages to the third device until after the second device receives another third message from the third device.

24-33. (Canceled)

34. (Currently Amended) The method of claim ~~[[33]]~~ 36 or 39, wherein the step (a2) comprises a step of, after each of the finite time periods following the transmission of the respective first messages from the first device to the second device, powering down the receiver included in the first device until after the first device transmits another first message to the second device.

35. (Canceled)

36. (Currently Amended) ~~The method of claim 35, wherein:~~ A method for implementing two-way communication between at least first and second devices, comprising steps of:

(a1) during finite time periods following transmission of respective first messages from the first device to the second device, powering on a receiver included the first device to listen for second messages transmitted from the second device to first device;

(a2) after each of the finite time periods following the transmission of the respective first messages from the first device to the second device, powering down the receiver included in the first device;

(a3) powering down a receiver included in the second device at least occasionally when the second device is operational;

~~the step (b) comprises a step of~~ with the first device, receiving ~~the~~ a sensor input from an accelerometer supported by a person in locomotion on foot; and

~~the step (c) comprises a step of~~ in response to the sensor input, with the first device, generating ~~as the~~ processed data comprising at least one of at least one foot contact time, a distance traveled, a pace, and a speed of the person for inclusion in at least one of the first messages that are transmitted to the second device.

37. (Original) The method of claim 36, wherein the second device comprises a wristwatch, and wherein the method further comprises a step of:

(d) in response to the first messages, displaying on the wristwatch information based on the processed data received from the first device.

38. (Original) The method of claim 36, further comprising a step of:

(e) with the first device, receiving at least one second message from the second device that comprises calibration information used to generate the processed data.

39. (Currently Amended) ~~The method of claim 35~~ A method for implementing two-way communication between at least first and second devices, wherein the second device comprises a wristwatch, ~~and wherein the method further comprises a step of:~~ comprising steps of:

(a1) during finite time periods following transmission of respective first messages from the first device to the second device, powering on a receiver included in the first device to listen for second messages transmitted from the second device to first device;

(a2) after each of the finite time periods following the transmission of the respective first messages from the first device to the second device, powering down the receiver included in the first device;

(a3) powering down a receiver included in the second device at least occasionally when the second device is operational;

(b) receiving a sensor input with the first device;

(c) in response to the sensor input, with the first device, generating processed data for inclusion in at least one of the first messages that are transmitted to the second device; and

(d) in response to the first messages, displaying on the wristwatch information based on the processed data received from the first device.

40. (Currently Amended) The method of claim ~~[[35]]~~ 39, further comprising a step of:  
(e) with the first device, receiving at least one second message from the second device that comprises calibration information used to generate the processed data.

41-43. (Canceled)

44. (Currently amended) ~~The method of claim 43, wherein:~~ A method for implementing two-way communication between at least first and second devices, comprising steps of:

(a1) during finite time periods following reception by the second device of respective first messages from the first device, when the second device needs to communicate with the first device, powering on a transmitter included in the second device to transmit second messages to the first device;

(a2) after transmission of each of the second messages from the second device to the first device, powering down the transmitter included in the second device, and thereafter ceasing to use the second device to transmit any additional messages to the first device until after the second device receives another first message from the first device;

~~the step (b) comprises a step of~~ with the first device, receiving ~~the~~ a sensor input from an accelerometer supported by a person in locomotion on foot; and

~~the step (c) comprises a step of~~ in response to the sensor input, with the first device, generating ~~as the~~ processed data comprising at least one of at least one foot contact time, a distance traveled, a pace, and a speed of the person for inclusion in at least one of the first messages that are transmitted to the second device.

45. (Original) The method of claim 44, wherein the second device comprises a wristwatch, and wherein the method further comprises a step of:

(d) in response to the first messages, displaying on the wristwatch information based on the processed data received from the first device.

46. (Original) The method of claim 44, further comprising a step of:

(e) with the first device, receiving at least one second message from the second device that comprises calibration information used to generate the processed data.

47. (Currently Amended) ~~The method of claim 43~~ A method for implementing two-way communication between at least first and second devices, wherein the second device comprises a wristwatch, and wherein the method further comprises a step of: comprising steps of:

(a1) during finite time periods following reception by the second device of respective first messages from the first device, when the second device needs to communicate with the first device, powering on a transmitter included in the second device to transmit second messages to the first device;

(a2) after transmission of each of the second messages from the second device to the first device, powering down the transmitter included in the second device, and thereafter ceasing to use the second device to transmit any additional messages to the first device until after the second device receives another first message from the first device;

(b) receiving a sensor input with the first device;

(c) in response to the sensor input, with the first device, generating processed data for inclusion in at least one of the first messages that are transmitted to the second device; and

(d) in response to the first messages, displaying on the wristwatch information based on the processed data received from the first device.

48. (Currently Amended) The method of claim ~~[[43]]~~ 47, further comprising a step of:

(e) with the first device, receiving at least one second message from the second device that comprises calibration information used to generate the processed data.

49-50. (Canceled)

51. (Currently Amended) The method of claim ~~[[1]]~~ 5 or 8, wherein the first and second devices communicate via a wireless communication link, and wherein:

the step (a3) comprises a step of powering down a receiver of the wireless communication link which is included in the second device at least occasionally when the second device is operational.

52. (Currently Amended) The method of claim [[1]] 5 or 8, wherein the step (a3) comprises ceasing to use the second device to listen for first messages from the first device during at least some time periods during which the second device does not expect to receive first messages from the first device.

53. (Previously Presented) The method of claim 52, wherein the time periods during which the second device does not expect receive first messages from the first device are identified based upon information included in at least some of the first messages communicated from the first device to the second device, which information indicates when the first device expects to send at least one subsequent first message to the second device.

54. (Previously Presented) The method of claim 52, wherein at least some of the second messages communicated from the second device to the first device include information identifying the time periods during which the second device expects to receive first messages from the first device; and wherein the method further comprises a step of:

transmitting at least some of the first messages from the first device to the second device during the identified time periods during which the second device expects to receive first messages from the first device.

55. (Currently Amended) The method of claim [[1]] 5 or 8, wherein both the first and second devices are battery operated and ambulatory, and wherein the method further comprises a step of:

performing the steps (a1) – (a3) while both the first and second device are carried by a person.

56. (Currently Amended) The method of claim ~~[[13]]~~ 17 or 20, wherein the first and second devices communicate via a wireless communication link, and wherein:

the step (a3) comprises a step of powering down a receiver of the wireless communication link which is included in the second device at least occasionally when the second device is operational.

57. (Currently Amended) The method of claim ~~[[13]]~~ 17 or 20, wherein the step (a3) comprises ceasing to use the second device to listen for first messages from the first device during at least some time periods during which the second device does not expect to receive first messages from the first device.

58. (Previously Presented) The method of claim 57, wherein the time periods during which the second device does not expect receive first messages from the first device are identified based upon information included in at least some of the first messages communicated from the first device to the second device, which information indicates when the first device expects to send at least one subsequent first message to the second device.

59. (Previously Presented) The method of claim 57, wherein at least some of the second messages communicated from the second device to the first device include information identifying the time periods during which the second device expects to receive first messages from the first device; and wherein the method further comprises a step of:

transmitting at least some of the first messages from the first device to the second device during the identified time periods during which the second device expects to receive first messages from the first device.

60. (Currently Amended) The method of claim ~~[[13]]~~ 17 or 20, wherein both the first and second devices are battery operated and ambulatory, and wherein the method further comprises a step of:

performing the steps (a1) – (a3) while both the first and second device are carried by a person.

61-67. (Canceled).

68. (Currently Amended) The method of claim ~~[[33]]~~ 36 or 39, wherein the step (a3) comprises powering down the receiver included in the second device during at least some time periods during which the second device does not expect to receive first messages from the first device.

69. (Previously Presented) The method of claim 68, wherein the time periods during which the second device does not expect receive first messages from the first device are identified based upon information included in at least some of the first messages communicated from the first device to the second device, which information indicates when the first device expects to send at least one subsequent first message to the second device.

70. (Previously Presented) The method of claim 68, wherein at least some of the second messages communicated from the second device to the first device include information identifying the time periods during which the second device expects to receive first messages from the first device; and wherein the method further comprises a step of:

transmitting at least some of the first messages from the first device to the second device during the identified time periods during which the second device expects to receive first messages from the first device.

71. (Currently Amended) The method of claim ~~[[33]]~~ 36 or 39, wherein both the first and second devices are battery operated and ambulatory, and wherein the method further comprises a step of:

performing the steps (a1) – (a3) while both the first and second device are carried by a person.

72. (Currently Amended) The method of claim ~~[[41]]~~ 44 or 47, further comprising a step of:

(a3) powering down a receiver included in the second device at least occasionally when the second device is operational.

73. (Previously Presented) The method of claim 72, wherein the step (a3) comprises powering down the receiver included in the second device during at least some time periods during which the second device does not expect to receive first messages from the first device.

74. (Previously Presented) The method of claim 73, wherein the time periods during which the second device does not expect receive first messages from the first device are identified based upon information included in at least some of the first messages communicated from the first device to the second device, which information indicates when the first device expects to send at least one subsequent first message to the second device.

75. (Previously Presented) The method of claim 73, wherein at least some of the second messages communicated from the second device to the first device include information identifying the time periods during which the second device expects to receive first messages from the first device; and wherein the method further comprises a step of:

transmitting at least some of the first messages from the first device to the second device during the identified time periods during which the second device expects to receive first messages from the first device.

76. (Currently Amended) The method of claim ~~[[41]]~~ 44 or 47, wherein both the first and second devices are battery operated and ambulatory, and wherein the method further comprises a step of:

performing the steps (a1) and (a2) while both the first and second device are carried by a person.